

**Pen and Ink Changes to be made to the November 2001
Food Buying Guide for Child Nutrition Programs**

Introduction

- 1) Page I-15 – Change Footnote number two. Add footnote number nine. Footnote number nine should be contiguous with the word “juice” under the Vegetable/Fruit portion of the chart.

VEGETABLE or FRUIT ²			
Juice ^{2,9} , fruit, and/or vegetable	1/2 cup	1/2 cup	3/4 cup
² Full strength vegetable and/or fruit juice or an equivalent quantity of any combination of vegetable(s), fruit(s), and juice.			
⁹ Juice may not be served when milk is the only other component.			

- 2) Page I-23 – Add footnote number nine. Footnote number nine should be contiguous with the word “juice” under the Vegetable/Fruit portion of the chart.

VEGETABLE or FRUIT ²			
Juice ^{2,9} , fruit, and/or vegetable	1/2 cup	1/2 cup	3/4 cup
⁹ Juice may not be served when milk is the only other component.			

Section 1. Meat/Meat Alternates

- 3) Page 1-13 - Add an entry for beef brisket, fresh, with out bone, ¼” trim.

Beef Brisket, fresh or frozen <i>Without bone</i> <i>¼- inch Trim</i>	Pound	7.36	1 oz cooked lean meat	13.6	1 lb AP = 0.46 lb cooked, lean meat
	Pound	4.90	1-1/2 oz cooked lean meat	20.5	

- 4) Page 1-15 - Add an entry for beef flank steak ¼ inch trim.

Beef Flank Steak, fresh or frozen <i>¼- inch Trim</i>	Pound	10.7	1 oz cooked lean meat	9.4	1 lb AP = 0.67 lb cooked lean meat
	Pound	7.14	1-1/2 oz cooked lean meat	14.1	

- 5) Page 1-21 – Beef Stew Meat – Add description “composite of trimmed retail cuts” and “without bone”.

Beef Stew Meat, fresh or frozen	Pound	9.76	1 oz cooked lean meat	10.3	1 lb AP = 0.61 lb cooked lean meat
<i>Composite of trimmed retail cuts</i>	Pound	6.50	1-1/2 oz cooked lean meat	15.4	
<i>Without bone</i> <i>Practically-free-of-fat</i>					

- 6) Page 1-24 - Cheese spread – In column 3 change 5.30 servings per pound to 5.33 servings per lb.

Cheese Cheese spread ¹⁴	Pound	8.00	2 oz serving (1 oz meat alternate)	12.5	
<i>Process</i>	Pound	5.33	3 oz serving (1-1/2 oz meat alternate)	18.8	

- 7) Page 1-36 and 1-37 – Frankfurters, Bologna – replace footnote number 24 with the following footnote.

24 Includes meat and poultry products. Yields are based on products that do not contain meat or poultry byproducts, cereals, binders or extenders, except to include those products containing Alternate Protein Products (APP) within the limits specified in 9 CFR 319.180(e) and meeting the requirements of Appendix A of 7 CFR 210, 220, 225 and 226. No other binders and extenders may be used in conjunction with the APP to receive the ounce per ounce crediting.

- 8) Page 1-44 – Pork Loin Roast, fresh or frozen, without bone ¼ inch trim (like IMPS #413) –Change yield data.

Pork Loin Roast, fresh or frozen	Pound	9.28	1 oz cooked lean meat	10.8	1 lb AP = 0.58 lb cooked, trimmed, sliced lean meat
<i>Without bone</i> <i>1/4-inch trim</i> <i>(Like IMPS# 413)</i>	Pound	6.18	1-1/2 oz cooked lean meat	16.2	

- 9) Page 1-48 – Pork, Mild Cured, Ready to Cook, chilled or frozen³²- Add an entry for Pork, Mild Cured, Ready to Cook, Chilled or Frozen, Ham, without bone.

Pork, Mild Cured, Ready-to-cook, chilled or frozen	Pound	10.0	1 oz cooked lean meat	10.0	1 lb AP = 0.63 lb cooked lean meat
Ham <i>Without bone</i>	Pound	6.72	1-1/2 oz cooked lean meat	14.9	

10) Page 1-63 - Turkey Ham, fully cooked, chilled or frozen – Remove “includes USDA commodity”

<u>Turkey Ham, Fully cooked, chilled or frozen</u> ⁴¹	Pound	11.2	1.4 oz serving (1 oz cooked turkey)	9.0	1 lb AP = 0.70 lb cooked turkey
	Pound	7.46	2.1 oz serving (1-1/2 oz cooked turkey)	13.5	

11) Page 1-63 – Add an entry for the USDA commodity turkey ham 15% added ingredients.

<u>Turkey Ham, Fully cooked, chilled or frozen 15% added ingredients</u> <i>Includes USDA Commodity</i>	Pound	9.41	1.7 oz serving (1 oz cooked turkey)	10.6	1 lb AP = 0.59 lb cooked turkey
	Pound	6.27	2.6 oz serving (1-1/2 oz cooked turkey)	15.9	

12) Page 1-66- “Yogurt, fresh plain or flavored, sweetened or unsweetened, commercially prepared” Change ½ oz to 1 oz meat alternate in the serving size per meal contribution column for the four ounce serving size.

Yogurt, fresh ⁴⁴ <i>Plain or Flavored Sweetened or Unsweetened – Commercially-prepared</i>	32 fl oz container	8.00	1/2 cup or 4 oz yogurt (1 oz meat alternate)	12.5	
	32 fl oz container	5.33	3/4 cup or 6 oz yogurt (1-1/2 oz meat alternate)	18.8	
	32 fl oz container	4.00	1 cup or 8 oz yogurt (2 oz meat alternate)	25.0	
	4 fl oz cup	1.00	One 4oz container yogurt (1oz meat alternate)	100.0	
	6 fl oz cup	1.00	One 6oz container yogurt (1-1/2 oz meat alternate)	100.0	
	8 fl oz	1.00	One 8oz container yogurt (2 oz meat alternate)	100.0	

Section 2. Vegetables/Fruits

13) Page 2-1 – The first sentence of the second bullet should read as follows.

You may not count any single fruit or vegetable toward the recommended serving size unless it provides at least 1/8 cup.

14) Page 2-16 - Add “drained” to column 6 for Beans, green, frozen, whole, includes USDA commodity

Beans, Green, frozen <i>Whole</i> <i>Includes USDA</i> <i>Commodity</i>	Pound	10.7	1/4 cup cooked, drained vegetable	9.4	1 lb AP = 0.88 lb (about 2-5/8 cups) cooked, drained vegetable
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15) Page 2-19 – Add Bean Products, dry beans canned, Beans with Bacon in Sauce

Bean Products, dry beans, canned	Pound	4.70	3/8 cup serving (about 1/4 cup heated beans)	21.3	
Beans with Bacon in Sauce	Pound	3.13	1/2-cup plus 1 Tbsp serving (about 3/8-cup heated beans)	32.0	

16) Page 2-20 – Beans, Soy, fresh (Edamame) shelled – remove the information from column six and add it to column six for Beans, Soy, fresh (Edamame) whole, in shell.

Beans, Soy, fresh (Edamame) Shelled	Pound	10.7	1/4 cup cooked, drained vegetable	9.4	
Beans, Soy, fresh (Edamame) <i>Whole</i> <i>In shell</i>	Pound	6.90	1/4 cup cooked, drained, shelled vegetable	14.5	1 lb in pod = 0.65 lb (about 1-3/4 cups) blanched, shelled beans

17) Page 2-38 – Cucumbers, fresh, whole, unpared – In column six the 84% yield for unpared sliced cucumber should be for pared sliced cucumber. Remove the “un”.

Cucumbers, fresh <i>Whole</i> <i>Unpared</i>	Pound	11.1	1/4 cup unpared, diced vegetable	9.1	1 lb AP = .98 lb (about 2-3/4 cups) ready-to- serve raw, unpared, diced cucumber
	Pound	12.4	1/4 cup unpared, sliced vegetable	8.1	1 lb AP = 0.84 lb ready- to-serve raw, pared , sliced cucumber

18) Page 2-40 - Grapefruit, fresh, 27-32 count, whole – add to column 6 “1 lb AP = 0.48 lb (7/8 cup) grapefruit juice”.

Grapefruit, fresh 27-32 Count (large) Whole	Pound	6.48	1/4 cup fruit sections peeled (about 2 sections)	15.5	1 lb AP = 0.74 lb (about 1-5/8 cups) peeled, ready-to-serve raw grapefruit sections
	Pound	4.53	1/4 cup fruit sections, peeled, without membrane (about 2 sections)	22.1	1 lb AP = 0.58 lb (about 1-1/8 cups) ready to serve raw, peeled grapefruit sections without membrane
	Pound	2.00	1/2 fruit (about 1/2 cup fruit and juice)	50.0	1 lb AP = 0.48 lb (7/8 cup) grapefruit juice

19) Page 2-43 - Juices, frozen concentrated, any fruit, includes USDA commodity – In column 2 change the (about 32 oz)” to “(about 38 oz).

Juices, frozen ⁶ Concentrated, any fruit (such as apple, grape, grapefruit, grapefruit-orange, and orange. (1 part juice to 3 parts water) Includes USDA Commodity	32 fl oz can (about 38 oz)	64.0	1 tablespoon concentrate (1/4 cup fruit juice)	1.6	32 fl oz can reconstituted = 16 cups (128 fl oz). Reconstitute 1 part juice with not more than 3 parts water
	6 fl oz can (about 7 oz)	12.0	1 tablespoon concentrate (1/4 cup fruit juice)	8.4	6 fl oz can reconstituted = 3 cups (24 fl oz)

20) Page 2-45 – Lentils, dry should be added to the Vegetables/Fruits section.

Lentils, dry	Pound	29.6	1/4 cup cooked lentils	3.4	1 lb dry = about 2-3/8 cups dry
	Pound	19.7	3/8 cup cooked lentils	5.1	

21) Page 2-53 – Peaches, fresh, whole – Add size 88 to the size 84, change yields as follows.

Peaches, fresh Size 88 and 84 (small) (2-1/8 inch diameter) Whole	Pound	5.50	1 whole, raw small peach (about 3/8 cup fruit)	18.2	
	Pound	8.25	1/4 cup fruit (about 2/3 peach)	12.2	

Peaches, fresh Size 64 & 60 (medium) (2-1/2 inch diameter) Whole	Pound	3.50	1 whole raw peach (about 2/3 cup fruit)	28.6	1 lb AP = 0.76 lb ready-to-cook or serve unpeeled, pitted raw peach
	Pound	7.00	1/4 cup fruit (about 1/2 peach)	14.7	

21) Page 2-63 - Pineapple, canned, chunks, packed in juice or light syrup, includes USDA commodity – add the data for 1 lb.

Pineapple, canned Chunks Packed in juice or light syrup Includes USDA Commodity	No. 10 can (106 oz)	49.9	1/4 cup fruit and syrup	2.1	1 No. 10 can = about 12- 3/8 cups pineapple and juice
	No. 10 can (106 oz)	31.8	1/4 cup drained fruit	3.2	1 No. 10 can = about 64.6 oz (8 cups) drained pineapple
	No. 2 can (20 oz)	9.40	1/4 cup fruit and syrup	10.7	1 No. 2 can = about 12.4 oz (1-7/8 cups) drained pineapple
	Pound	7.53	1/4 cup fruit and juice	13.3	

22) Page 2-63 - Pineapple, canned, slices, packed in juice or light syrup, includes USDA commodity – Change the number of slices in column 6 from 66 to 60 for the No 10 can.

Pineapple, canned Slices Packed in juice or light syrup Includes USDA Commodity	No. 10 can (107 oz)	47.5	1/4 cup fruit and juice	2.2	1 No. 10 can = about 62 oz (9-1/3 cups or 60 slices) drained pineapple
	No. 10 can (107 oz)	37.7	1/4 cup drained fruit (about 1-3/4 slices)	2.7	

23) Page 2-69 – Potatoes, French fries, curly – Change to read as follows.

Potatoes, French Fries, frozen Curly (1/3-inch width)	Pound	16.2	1/4 cup cooked vegetable	6.2	1 lb AP = 0.66 lb baked French fries (about 4 cups)
	4-1/2 lb pkg	72.9	1/4 cup cooked vegetable	1.4	

24) Page 2-69 – Potatoes, French fries, shoestring, straight cut, low moisture – Change to read as follows

Potatoes, French Fries, frozen <i>Shoestring</i> <i>Straight cut</i> <i>Low moisture</i>	Pound	14.2	1/4 cup cooked vegetable	7.1	1 lb AP = 0.59 lb (about 3-1/2 cups) baked French fries
	4-1/2 lb pkg	63.9	1/4 cup cooked vegetable	1.6	

25) Page 2-70 – Potato Products, dehydrated, Hashed browns – Add dry weight information to column six.

Potato Products, dehydrated <i>Hashed</i> <i>Browned</i>	Pound	24.1	1/4 cup reconstituted, cooked vegetable	4.2	1 lb dry = 6 cups reconstituted, cooked potato
					1 lb dry = about 4-3/4 cups dry hash browns

25) Page 2-77 - Strawberries, frozen, sliced, sweetened, includes USDA commodity – Add “cup” after 1/4 in column four.

Strawberries, frozen <i>Sliced</i> <i>Sweetened</i> <i>Includes USDA Commodity</i>	Pound	7.10	1/4 cup thawed fruit and juice	14.1	

Section 3 Grains/Breads

26) Page 3-29 - Rice, White, long grain, instant, dry – for the 3/4 cup of rice entry change column 3 and column 5 to 9.33 and 10.8 respectively.

Rice (Group H) <i>White</i> <i>Long grain</i> <i>Instant</i> <i>Dry</i>	Pound	28.0	1/4 cup cooked	3.6	1 lb dry = about 4-1/2 cups dry 1 lb dry = about 7 cups cooked 1 cup dry = about 1-1/2 cups cooked
	Pound	14.0	1/2 cup prepared with boiling water	7.2	
	Pound	9.33	3/4 cup prepared with boiling water	10.8	

27) Page 3-29 – Rice, White, Long Grain, Parboiled(converted), Dry – Change yields as below.

Rice (Group H)	Pound	28	1/4 cup cooked	3.6	1 lb dry = about 2-1/2 cups dry
<i>White</i>					
<i>Long grain</i>	Pound	14	1/2 cup cooked	7.2	1 lb dry = about 7 cups cooked
<i>Parboiled</i>					
<i>(Converted)</i>	Pound	9.33	3/4 cup cooked	10.8	1 cup dry = about 2-3/4 cups cooked
<i>Dry</i>					

Section 4 Milk

28) Page 4-2 - Milk, fluid – In the entry for 1/2 cup (4 fl oz) column 5 should read “100.0”.

<u>Milk, fluid</u>	1/2 cup	1.0	1/2 cup milk	100.0	
<i>Skim or Nonfat milk,</i>	(4 fl oz)				
<i>Lowfat milk,</i>					
<i>Reduced fat milk,</i>					
<i>Whole milk,</i>					
<i>Lactose-reduced milk,</i>					
<i>Lactose-free milk,</i>					
<i>Buttermilk,</i>					
<i>Acidified milk</i>					
<i>(unflavored or</i>					
<i>flavored)</i>					